

Download Dietary Supplements And Functional Foods

Dietary fiber is found in plants, typically eaten whole, raw or cooked, although fiber can be added to make dietary supplements and fiber-rich processed foods. Introduction. Iron is a mineral that is naturally present in many foods, added to some food products, and available as a dietary supplement. Iron is an essential component of hemoglobin, an erythrocyte protein that transfers oxygen from the lungs to the tissues. As a component of myoglobin, a protein that provides oxygen to muscles, iron ... A nutraceutical is a pharmaceutical-grade and standardized nutrient. In the US, "nutraceuticals" do not exist as a regulatory category; they are regulated as dietary supplements and food additives by the FDA under the authority of the Federal Food, Drug, and Cosmetic Act. Daily news on dietary supplements, nutraceuticals and functional foods. Free access to news on health ingredients and herbals in Europe.